

## Fireside – February 20, 2022

### Preparedness

*“Organize yourselves; prepare every needful thing; and establish a house, even a house of prayer, a house of fasting, a house of faith, a house of learning, a house of glory, a house of order, a house of God” Doctrine and Covenants 88:119*

#### **Question #1 – Temporal preparedness, why is it important? Special suggestions and hints of things you may have forgotten, plus the spiritual side of temporal preparations and words from the Prophets.**

**Tamra** - The purpose of this evening is not to go over every single item on a prep list, nor to give you calculated amounts of the items you will need for you and your family. Rather the first part of our “Temporal Prep” question is to go over some things you may not have considered and the spiritual rewards of following the Prophets of our time.

I am thrilled to be able to work with Brett and Micah on this fireside. It is our sincere hope that you will be inspired to follow the guidance of Elder Bednar from October 2020 General Conference when he said, “As disciples of the Savior, we are commanded to ‘prepare every needful thing’ (D&C 88:119) We also are promised that ‘if ye are prepared ye shall not fear’ (D&C 38:30) - Repeated admonitions to prepare have been proclaimed by leaders of the Church **for decades.**”

In the August 2021 Liahona there is a wonderful article titled “Building a Spiritual and Temporal Refuge” by Merrilee Browne Boyack. In the article she likens water (temporal) with Living Water and how we literally need both to survive.

This fireside has been divided into three sections for convenience sake, but while we are going through each section, please be mindful that temporal, physical, and spiritual preparations should be combined with the promise that all WILL strengthen you in ALL WAYS.

The basics are important for all of our food preps. Water, food, shelter, warmth, energy, and clothing. The list of “the basics” change for each family’s needs. For instance, if you live in Phoenix compared to Chicago, your family prep items would be quite different for such things as clothing, shelter and perhaps even water. Online blogs, YouTube videos, and the Church of Jesus Christ of Latter-Day Saints website are superb resources for family preparations. There are spreadsheets that can be downloaded from many websites that will calculate your needs for say a family of five. At the end of this paper, we will attach some items which may be of interest to a few.

For many decades our church (Church of Jesus Christ of Latter Days Saints) recommended that members store enough for seven years! Since then the amount has declined to one year of emergency food, water, and shelter with “bug out bags” which last for 72 hours. This is where part three comes into play, for only through personal revelation will you know what is best for your family.

As I have talked to church members over the past twenty years, I have come to be alarmed because most *do not* have enough food to last them even three months. Recently while sitting on the deck of my home, my non-member sister-in-law was discussing food storage with me. In that conversation she said that if they ran out of food, she would go to her “Mormon friends” to get food. This should be a red flag to everyone that you cannot rely on anyone other than yourself for your temporal preparations because even many “Mormon friends” do not have preparations in this category. Probably less than 10% of members of the church have their one-year supply, maybe even less.

The purpose of this evening is not to go over every single item on a prep list, nor to give you calculated amounts of the items you will need for you and your family. Rather the first part of our “Temporal Prep” question is to go over some things you may not have considered and discuss the spiritual side of this prep work. There are a few things that I wanted to go through (as a suggestion) that may have been missed in your temporal preps! One thing is certain, that the basics should be purchased first and supplemented when you are able to buy more. We have been counseled not to go into debt buying food storage. Maybe your family can purchase an additional \$40.00 each month in supplies, if that is the case, I know your family will be blessed for following the counsel from our church leaders.

- Water
  - You will need a lot of water for personal use, cooking, and hygiene.
  - Life Straws are great – you may want one for every member of your family and to keep it in your bug out bags  
337941[https://www.amazon.com/gp/product/B07LFVVCHG/ref=ox\\_sc\\_act\\_title\\_3?smid=A3PJAYG7YZQ9I4&psc=1](https://www.amazon.com/gp/product/B07LFVVCHG/ref=ox_sc_act_title_3?smid=A3PJAYG7YZQ9I4&psc=1)
  - Berkey – these are expensive and if you buy one, buy extra filters. It is my understanding that all filters and Berkeys are having price increases of 10% this spring

Bret ---LACK OF HYGEINE PLUS MALNUTRITION= DEATH. YOU NEED TO STAY CLEAN!!!! The invention of indoor plumbing skyrocketed longevity and survival rates. Just washing in clean water, will save your life. Start with water storage and channeling. Most of us have enough fat to live for a couple months, with water.

The ability to collect and divert water is also useful. Some ideas-

Always assume there will be no electricity for months.

Use a large tarp inside a trampoline, or a trailer/ truck bed, or even a hole in the ground. Get several different sized tarps, now, and keep them. They are handy for a multitude of uses. Consider where it would be useful to dig a hole or move a truck or trailer for collecting water.

Use your homes' downspouts to divert water to collection areas, or keep some lengths of pipe or downspout handy. Also, 2 boards can be screwed or nailed together to make a V shaped channel.

Swimming pools are great, but you need enough shock to treat the water.

A 1 gallon bucket of pool shock will treat 20,000 gallons of water, and it stores for years, unlike bleach.

If you have a well, look into manual well head pumps ( that attach to your well head, for when the power goes out)

Keep some water in barrels in your house. If civil war breaks out, you need to stay inside.

- Toilet. There are different ways to accomplish this!
  - Bags to use for the toilet in your home, but then you must consider how to get rid of the waste.
  - Decomposing toilet, which you will add mulch
  - Five-gallon bucket with a toilet seat on it
  - A foldable toilet that can be used next to a bed, which takes bags and has arms for those who may not have the best balance.  
337941[https://www.amazon.com/gp/product/B07LFVVCHG/ref=ox\\_sc\\_act\\_title\\_3?smid=A3PJAYG7YZQ9I4&psc=1](https://www.amazon.com/gp/product/B07LFVVCHG/ref=ox_sc_act_title_3?smid=A3PJAYG7YZQ9I4&psc=1)
  - Keep a couple of shovels. Dig a hole, build a makeshift outhouse, in an uncompromised ( safe to squat) place. Keep it away from wells and water sources. Near an outbuilding would be good, it provides 1 side of protection, and you can use rain runoff from the building to fill a container just for handwashing afterward- But dont just fill a bucket and dip your hands into it, use something with a sepatae handle to get water from it.- This prevents cross contamination with other water sources. You need to be separated from feces, and have as little exposure as possible. Again, MALNUTRITION + LACK OF HYGEINE = DEATH.

Regardless of which method used, you need to consider toilet paper, how to safely rid your home/shelter of this waste, and if it will be short term/long term plans.

Keep squirt bottles, like ketchup, or syrup bottles. Makes an effective bidet, so storing TP isn't as space consuming. Also, sitz bath toilet lids can be used for this.

- Laundry. There are also ways to accomplish this!
  - A ringer (watch for them in garage sales or Amazon has them)  
M112281[https://www.amazon.com/Calliger-Clothes-Patented-Clamping-Clothing/dp/B01M26UCLW/ref=sr\\_1\\_1?crid=11TXIDEDMG31Q&keywords=laundry+ringer&qid=1644270832&srefix=laundry+ringer%2Caps%2C93&sr=8-1](https://www.amazon.com/Calliger-Clothes-Patented-Clamping-Clothing/dp/B01M26UCLW/ref=sr_1_1?crid=11TXIDEDMG31Q&keywords=laundry+ringer&qid=1644270832&srefix=laundry+ringer%2Caps%2C93&sr=8-1)
  - Home made laundry soap. See my recipe below! It costs about \$30.00 and will last a family of five one year. There are many methods to accomplish this watching YouTube. <https://livesimply.me/homemade-powder-laundry-soap-detergent/>
  - Don't forget the laundry line and clothes pins!
- Soap and shampoo
  - Learn how to make soap out of wood ash from fires
  - I have made a two-year supply of castile soap (recipe at the end). I love castile soap because it is gentle enough for babies and can be used to wash your hair.
  - Shampoo BARS! This weighs less and can easily be transported!  
<https://wellnessmama.com/26682/shampoo-bar/>
- Seeds
  - Learn how to harvest seeds
  - Purchase the seeds of vegetables you and your family will eat
  - Plant vines/fruit trees now! The best time to buy trees are during the winter time and early spring is the best time to plant!
  - This is how I organize my seeds (and you can organize pictures the same way!).  
<https://homesteadandchill.com/garden-seed-storage-solutions/>

If you don't have the money for this, just use a zip lock bag labeled for the different seeds and put store them in a plastic shoe size bin!

Always plan on letting a percentage of your crops go all the way to seed, to preserve seed. Some plants should be eaten before reaching seed maturity, so you will kill them before they can reproduce. Allow for this.

- Weeds and local herbs
  - Consider getting a book or going to your library and learning about weeds and plants in your area that can be eaten, and which are poisonous
  - Learn which ones are medicinal and how you can use them
  - Learn how to dry herbs/flowers/weeds for storage either by a dehydrator or the sun, and store in airtight package with oxygen packets
  - Learn how to make poultices and tinctures
  - <https://www.healthline.com/health/poultice>
  - <https://www.tyrantfarms.com/16-common-edible-weeds-growing-in-your-yard/>
- Plant some useful weeds and herbs in corners, and areas where weeds currently grow. Also, this can be done in areas you normally weed eat and trim. Saves mowing time and grows something useful. And hitting peppermint with the mower smells amazing!
- Essential Oils, essential oils can last for hundreds of years, dating back to the pharaohs! They are quite an investment.
  - Learn how to store your oils properly
  - Understand that essential oils which are derived from citrus only last 4 years
  - Learn the uses of essential oils and how to make blends
  - Create a cheat sheet for your essential oils, recipes cards for each one, a spreadsheet, or laminated cards!
- Alcohol and Tobacco
  - You will need alcohol to make tinctures.
  - Alcohol cleans wounds!
  - You can barter with alcohol and tobacco. Just note that tobacco will break down and cannot be stored for a long time. Just like your herbs, you should seal it in an airtight container with oxygen packets

Learn how to make moonshine. It can be done with a pressure cooker, copper icemaker line, and 2 5 gallon bucket, sugar ( or any fruit juice or carbohydrate) and yeast. Not for drinking, but for sterilizing.

Lighters, lighters, lighters and matches. Keep at least 10 good lighters on hand, more is better. Everyone needs to make fire. This is a huge bartering item also. Assume you will be lighting 2 fires a day for a year.

- Oxygen packets
  - The best place to buy them is on the church website
  - Once you open the package, put them into a jar with a lid.
  - Do not touch the packets with your fingers! Oils from our fingers decreases the ability of the oxygen absorber to work effectively.
- Clothing, shoes and socks!
  - Take into consideration the growing children in your family and buy clothes/shoes for them to grow into!
  - Buy leather repair kits
  - Buy leather water repellent pastes
  - Buy socks for all! Socks are paramount for keeping feet healthy
  - If you need prosthetic foot care, purchase extra inserts
  - Vacuum seal clothing to take up less space
  - Plastic bins for easy transport

Gloves- Hands and feet need to stay warm and dry. Everyone should have a warm pair and water repellent pair.
- Wax covers for food storage
  - Learn how to make wax covers for your food
  - You can store these easily and replenish the wax – no more plastic bags which can save you money!
  - <https://www.wikihow.com/Make-Beeswax-Wraps>

- Extra bins for storage of food/clothing just in case you are not living in a place with a closet
- Medicines and toiletries
  - Most medicines can last for many years, if kept out of heat and sunlight
  - Buy enough toothpaste, toothbrushes, and floss for two years
  - But pain meds (and extra for bartering)
  - Have a nice first aid kit with plenty of gauze and bandages
  - Consider storing these items in a large clear storage bin (or two)  
**Also, add in deodorant, and razors. - Put these low on the list.**
- Spices
  - You must have enough salt to at least five years, unless you know a place that you can harvest salt. Salt is essential to life
  - Spices that can be added to your food to make it taste better
  - Dry out your own herbs and store in air tight containers
  - Put your spices into small plastic cups with air tight lids and seal the other spices (in original containers in a plastic bucket with oxygen absorbers).  
**Salt- You need sodium to make energy in the body. Also, it is a preservative, and can be used preserve meats. At least 20 pounds of salt for a family.**
- Coats and Quilts
  - It has been my personal goal to buy extra quilts and coats to give to people to stay warm.
  - Consider the needs of refugees or the poor!
  - Plastic bins for moving
  - Vacuum seal quilts and blanket to take up less space  
**Tarps are also useful here. Staying dry is just as needed as staying warm.**
- Baby needs
  - Purchase lots of dry milk

- Buy some cloth diapers for your family or share, these are the cheapest I have found. K1050a-c-48c943a-f292e3753513230093123Y201[https://www.amazon.com/dp/B07K3ZY1HX/ref=spa\\_dk\\_detail\\_0?pd\\_rd\\_i=B07GBK5CYW&pd\\_rd\\_w=lsF0Q&pf\\_rd\\_p=887084a2-5c34-4113-a4f8-b7947847c308&pd\\_rd\\_wg=VLPXV&pf\\_rd\\_r=XBWH9EXMFR94ZAFE4SPV&pd\\_rd\\_r=3de967a0-f293-4f06-b2cb-9c2cb32e2447&s=baby-products&smid=A3HQKI65QUG7QZ&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzNDJYQTNUMVBaVTNFJmVuY3J5cHRlZElkPUEwNjg1Mjc3MIRWMTY2SDUxVDQ3MSZlbmNyeXB0ZWRBZEIkPUEwMDMxNDMOMIJBQTJEUE9MN05ITyZ3aWRnZXR0YW1lPXNwX2RldGFpbCZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU&th=1](https://www.amazon.com/dp/B07K3ZY1HX/ref=spa_dk_detail_0?pd_rd_i=B07GBK5CYW&pd_rd_w=lsF0Q&pf_rd_p=887084a2-5c34-4113-a4f8-b7947847c308&pd_rd_wg=VLPXV&pf_rd_r=XBWH9EXMFR94ZAFE4SPV&pd_rd_r=3de967a0-f293-4f06-b2cb-9c2cb32e2447&s=baby-products&smid=A3HQKI65QUG7QZ&spLa=ZW5jcnlwdGVkUXVhbGlmaWVyPUEzNDJYQTNUMVBaVTNFJmVuY3J5cHRlZElkPUEwNjg1Mjc3MIRWMTY2SDUxVDQ3MSZlbmNyeXB0ZWRBZEIkPUEwMDMxNDMOMIJBQTJEUE9MN05ITyZ3aWRnZXR0YW1lPXNwX2RldGFpbCZhY3Rpb249Y2xpY2tSZWRpcmVjdCZkb05vdExvZ0NsaWNrPXRydWU&th=1)
- Buy all the baby items which you think are essential for your own (born and future) and grandchildren (born and future), share with families in need!
- Medicinal items for children
- Learn about essential oils for healing tooth aches (clove) and stomach ailments (lavender) and more!!
- Lanterns
  - One of my favorite is making oil lamps from vegetable oils. This is the site that I used to learn the process! <https://www.diycraftsy.com/diy-oil-lamp/>  
 Store vegetable/ canola oil now. It is cheap, and can be used for cooking or light, or heating.
- Talents for bartering/service
  - If you knit, crochet consider buying extra craft supplies so you can make things for others
  - Sharpening services – make certain you have what you need to sharpen knives, scissors, axes, etc.
  - Welding supplies – make certain you have what you need in order to provide welding services
  - If you sew, consider getting an old treadle machine and extra needles
- How will you move this?

- Make certain you have plenty of five-gallon buckets, plastic crates, boxes and anything else needed to store and move the items.
- Do not unpack everything. Leave things in containers for easy transporting!
- Learn how to make sourdough bread!
  - In December of 2020, it was my goal to make a good starter and begin making bread for my family that is not yeast driven. It took five weeks of working on the starter, she is now a fourth child! Trust me I can look at her and know exactly what she wants. I watched tons of videos on how to do this before I started and thought that I was going to fail. It took me 5 weeks until my first loaf of bread. Be warned. Once you start your family may not ever let you “out of the bread business”. My husband lets me know just how low our loaves are in the freezer. There are two of us, so we cut them in half and bag them up in those turkey baking bags. They almost taste better out of the freezer!
  - Another tip! I freeze all of my wheat and white flour for at least two weeks. Then I store it in glass jars in my kitchen (the big gallon glass jars). I try to keep my flour fresh and buy in bulk from the church or Costco.
  - If you have wheat stored, look into a hand grinder. I just ordered one for myself the past week, after much research I settled on the Country Living hand mill, but there are many out there and I would suggest finding the one best for your needs. Especially if you plan on making butters and milk with your hand-crank mill. <https://store.countrylivinggrainmills.com/grain-mill/>
  - Making a starter (it took me five weeks – so DON'T give up) <https://www.youtube.com/watch?v=Yf6t6GciH8E> plus I keep mine in the fridge from Saturday to Thursday. It takes me two days to make the bread.
- Our favorite thing! Solar generator you can build!
  - [https://www.modernsurvivalists.com/how-to-build-a-2000-watt-solar-generator-part-1/?fbclid=IwAR1DPUR0vcz1bqxvjLE7lcCiblzmp1NIJUkiJBO2OblecFecpwDTK58y\\_0](https://www.modernsurvivalists.com/how-to-build-a-2000-watt-solar-generator-part-1/?fbclid=IwAR1DPUR0vcz1bqxvjLE7lcCiblzmp1NIJUkiJBO2OblecFecpwDTK58y_0)
- A favorite of prepper is <https://www.youtube.com/c/RoseRedHomestead>  
**Tools! Keep basic hand tools, shovels, rakes, picks, axes, saws.**

Temporal prepping can be very spiritual. It lends to the spirit of being independent. Knowing you are taking care of yourself and your families brings great comfort and satisfaction. Plus, gratefulness that we have wise Prophets to follow and the blessings of their words.

Please don't be discouraged by "all you have to buy", instead take it step by step. There are many things that my own family needs, it truly is a process. I have put things in order of urgency. First start with the basics of food, water and shelter. Then build upon that foundation.

In closing out this section I would like to read to you the words of Spencer W. Kimball:

"I believe that the Ten Virgins represent the people of the Church of Jesus Christ. . . They (five foolish) had the saving, exalting gospel, but it had not been made the center of their lives. They knew the way but gave only a small measure of loyalty and devotion.

The foolish asked the others to share their oil, but spiritual preparedness cannot be shared in an instant. . . . This was not selfishness or unkindness. The kind of oil that is needed to illuminate the way and light up the darkness is not shareable. . . . In our lives the oil of preparedness is accumulated drop by drop in righteous living. The great difficulty is that when difficult times come those who in normal times could lend assistance are also under the wheel of the grinding mill. It may be impossible to anticipate and prepare for the eventualities of depression, war, invasion, bombing, but we can go a long way."

And one more! Ezra Taft Benson "It is better to prepare and prevent than to repair and repent"

Brett - Also, a couple considerations-

Cooking- Stock up on wood to burn. In cities, trees will all be cut down within days. Get it now. Consider how you will cook and boil water when the electricity goes out. Chainsaws, saws, axes, fuel, and used motor oil for bar oil. Or if you don't have a chainsaw, store some fuel and 2 cycle oil for the people who do. Gas is a great bartering tool.

Make a parabolic solar cooker. These can be made with small, old satellite dishes, or anything fairly dish shaped. Lotsa videos on YouTube on how to do it.

[https://external-content.duckduckgo.com/iu/?u=https%3A%2F%2Ftse4.mm.bing.net%2Fth%3Fid%3DOVP.Qr73cYBP7vepZG\\_uAi5-9QHgFo%26pid%3DApi&f=1](https://external-content.duckduckgo.com/iu/?u=https%3A%2F%2Ftse4.mm.bing.net%2Fth%3Fid%3DOVP.Qr73cYBP7vepZG_uAi5-9QHgFo%26pid%3DApi&f=1)

Micah – Micah – Thinking of things that we would need but might forget you would still go about it exactly the same way- ask yourself "what would I need to keep myself and my family alive, clean, safe etc." It just so happens that food and water are the first two that come up because if we can't get those two the rest is moot (i.e., what's the point of extra blankets if I'm

starving?) So finding things you might not have thought about typically comes once the basic needs are met, and the basic needs are food and water. Once we have food and water secured, shelter and hygiene become two big ticket items.

The big one for shelter is staying warm and staying cool- i.e., protection from the elements and would also include clothing, because your clothing is your first line of “shelter”. Hygiene would include cleaning oneself as well as one’s clothing.

So now you have water, food, shelter and hygiene (in that order), so now you can worry about emergencies. Things like sick kids, natural disasters and having to move quickly, civil unrest etc. The last category would be luxury.

Based off of this I would keep my preparation within this structure and in this order of importance.

What are some items that by necessity are vitally important but might slip some people’s minds? I would say that in my personal observation that the majority of these items crop up because people are focused more on luxury items and have thus neglected giving due diligence to the items that are crucial to maintaining life. The gospel principle that we can tie in to this is found in Doctrine and Covenants 88:119 “prepare every needful thing”. Based off of this principle we really need to prepare every needful thing, the responsibility to prepare every needful thing rests on us, as long as we are fit and able. So I will quickly go through and breakdown the needful things in each of these categories and maybe there will be some items that some have overlooked.

1. Water: 1 gallon per person per day. Grey water storage such as rain water can help lower this number as it can be used for hygiene. Purification can also lower this number substantially- if you have grey water or a source of water nearby purification can lower the amount of water you have to store. With purification remember “prepare every needful thing” meaning a purifier that gets rid of 99.9% of smell, taste etc. might be a nice luxury but it is not a necessity. There are plenty of camping purifiers that cost under \$100 that will purify all bacteria/viruses- this is “every needful thing”. Some items such as bleach and iodine will also purify water enough.

2. Food: 1200 calories per person per day + needed vitamins and minerals. I have worked this out before in other papers- the cheapest and most basic form of this is top ramen/rice/flour + vitamins (Vit D, Multivitamin, Calcium, Vit C). If you have a baby or are expecting a baby store formula- even if you/your wife is breastfeeding, if anything happened to her or milk supply dried up, the baby would be in danger.

3. Shelter: Having clothes for a year per person including protection from elements (i.e., winter jackets, winter boots, etc. if applicable). Shelter would include fuel (for heating) for the year if applicable. Another alternative for fuel in an emergency would be tents and mummy bags. A

tent set up inside of a house with mummy bags inside of it will be warm even if the house isn't heated.

4. Hygiene: Washboard, soap, outhouse or compost toilet. Reusable wet nap rags (you will never be able to store enough toilet paper for a year). This would include reusable diapers if you have young children.

5. Emergencies: A 3-month pack. From personal experience it is easier to have a pack that contains in it water, hygiene, and protection and then another pack that contains food and vitamins- it just won't fit in one pack. I am still planning on doing a video on this showing my 3-month pack. It would be used in the case of an emergency that forced you to leave your house temporarily. You should never plan to leave your home for more than 3 months. Medical treatment and supplies would be included here- if you take a prescription drug see if you can get a year of it, ace bandages, bandaids, antibiotic ointment, etc. There are good already made first aid kits for purchase if you don't want to make one yourself. Personal protection in the form of however you see fit would also apply here now that you have water, food, shelter and hygiene- you have something to protect. Getting a gun before this point would be preparing yourself to steal from others.

6. Luxury: Everything else

Once again, the spiritual side of this is "prepare every needful thing". If you want to prepare luxury items, that's fine, but that should only be done after all the needful things are taken care of.

## **Question #2 – We have been commanded to be a “record keeping people”. How and where to start! How does this help us spiritually? What have the Prophets said?**

**Tamra** – In the April 2019 General Conference there is a talk given by Steven E. Snow; who is the church Historian and Recorder. His talk was on the sacred duty of record keeping. In this wonderful talk he puts emphasis on the records we are responsible for keeping in this life. Here is an excerpt from his talk.

“Our personal records may not become part of the official records of the Church, but they are important to us and our children. Some of the most inspiring history comes from the diaries and journals of everyday people like you and me. We gain strength from the stories of those who have gone before. We learn how to be strong and what brings happiness and joy in our lives. We also learn that God’s children are not and never have been perfect and that He can accomplish His work through people just like you and me, even if we have shortcomings.”

“These memories will be formed and renewed through praying, searching the scriptures, partaking of the sacrament, and keeping records of your personal experience. Remembering spiritual experiences that touched our lives reinforces our faith.”

The principles of record keeping outlined in scripture can also guide you in your individual life (see [.Alma 37:6–7](#); [.Doctrine and Covenants 20:1](#); [.57:13](#); [.78:11](#)). You can organize yourself by making plans to select and care for important records such as:

- Personal journals.
- Certificates of ordinances and achievements.
- Family photographs.
- Stories about yourself and your family.

Manage your records by protecting them from danger, retaining them as long as you need them, and disposing of information that is not essential (see [3Jacob 3:13](#); [.Alma 63:13](#)). You can preserve your personal and family records throughout the generations by storing them in safe places, accessing them with care (see [42Jacob 4:2](#); [.Alma 37:8](#)), and sharing them with your family, such as through [FamilySearch.org](#).”

To the list he gave us, I would like to add one more very important record we should be preparing (and keeping) and that is the records of our people. Since 1894, our church dedicated time and resources to collect and share records of genealogical importance. Due to the cooperation of the government archives, churches worldwide and libraries our church has created the largest collection of family records in the world, with over 3 billion deceased persons listed. These records are of our families for the purposes of sharing and performing saving ordinances in the temple. With the coming of the intranet, it is my opinion that the catalyst for sharing and helping each other with genealogy grew substantially. It made it easier to reach others researching the same surnames. It connected us with cousins and more was shared. Without the internet; stories hidden in letters still in existence, were shared and added to my own family history. Those gracious family members who took the time to go online and then share that information is priceless.

So where do we start and why do we need to start? What is the hurry? The reason is that our world is changing and it is changing quickly. It is a time of excitement. If you prepare yourselves temporally and spiritually (to include these precious records) it will bring calmness and a deep gratefulness for our families.

I started working on genealogy when I was 19 years old. It has been said (probably by my grandmother and it circulated everywhere) that there is a genealogist in every generation. I am not sure about that, but I know that keeping records has always been important to me. In a way it comes from within and so maybe that saying is correct? Most of you listening to this Fireside are Christians, specifically LDS. This fireside is meant for giving hope and direction, but with a warning that we near the end of this Terrestrial journey. We have been warned for many years, and since 1981, President Ezra Taft Benson warned us in his EXCEPTIONAL talk “Prepare yourselves for the great day of the Lord”. This talk has become very important to me and means everything to me because he was talking to my generation, and of course all the generation after which have been born. Here are a few quotes from this choice talk!

“The people of every generation, I suppose, see the time in which they live as being exceptional. The truth of the matter is that you do live in a most exceptional time in the history of the world. You, young people will see events transpire which were promised from the beginning of the world. Prophets of old have seen your days and rejoiced in them. And yet, you will face challenges and circumstances the severity of which has been unparalleled in generations past. For this you must be prepared.

Today, I speak to you about the times in which you live and about the quality of faith you will need to survive some of the difficulties yet to be experienced. I speak as one who loves you and has been given a responsibility, with my Brethren, “to testify and warn” about the impending crises facing mankind. I speak to you to the topic “Prepare yourselves for the great day of the Lord.””

In addition, he said, “We pray you will. We have every confidence that you, “the rising generation,” will not falter. I repeat: You are valiant spirits reserved for this exceptional time. Make the choice: Rise to the task of this momentous hour!” We are the generation that will be here to welcome the Lord at His second coming. I testify to all of listening that I KNOW this is true. With every fiber of my being, I know he is at our door and we must be prepared.

When I think of preparing records today, I am attempting to consider different ways or “outside of the box”. No longer the multiple scrapbooks full of pictures, no longer the files full of documents. This is a process (and I assure you – I am in the midst of this process) and still attempting to figure out what makes the most sense.

- First of all, I have started sharing the scrapbooks full of pictures with my children. They can take them, scan what they need to scan and (hopefully) share with each other the photographs from their childhood. They are in difficult albums to disassemble and the pages are 15X15, so beyond the size of your standard scanning. I have decided to scan each of the pictures which are important and make an electronic file for photos, to add to our already bulging files of pictures.
- Rename those pictures, tag them yearly which is the method I have chosen.
- Once they have been named to back them up on a hard drive. Some of these pictures will be printed for my “final book” which I will discuss at the end of this section.

Documents, recipes and other things that should be saved!

- In my mind I need to be able to quickly move and store my things in a tent if necessary. I would ultimately like those important things to be stored safely, and cannot be heavy. So, I am putting together also the important documents needed (birth, marriage) and a few important recipes (to cook over a fire or whatever is needed). This will also go into my “final book”.

Church talks, quotes and things I cannot lose!

- These are being carefully perused, cut and pasted into an overall document. I want to organize this large document by talks, quotes, and of course list where the quotes are from. This may be the only record that I have in case of fire/flood/fleeing or (hopefully) that small tent in New Jerusalem.

### Genealogical Records

- I am presently going through all of my genealogy records making certain that the ordinances have been done. I am sourcing each person, when possible. Also uploading pictures, and documents to support who they were. This is a database of 8,000 names, so will take some time but I hope to be finished within the year because of what I feel is an urgency.
- Uploading my family tree to both FamilySearch and Ancestry (the one listed is imperfect, will be replaced later with updated one)
- After the cleaned-up family tree is put into place, then I will add people into my database which needs further research and/or unproven from Family Search and/or Ancestry.
- Note of interest, my family tree had over 14,000 people in the data base. Many of the lines were corrupt and not true. In one line it showed Greek gods. Definitely not sourced! 😊

### Scriptures and the only books allowed!

- Right now, I keep my Scriptures together with my patriarchal blessing (laminated) and a picture of my sweet husband (also laminated). In a basket, I have the church books that I cherish can cannot live without, already loaded into a basket for quick retrieval.

### The “final book” or what I call my “Millennium File”:

- This will hold pictures of my family that are choice to my heart.
- Non-church documents (birth, patriarchal blessings, marriage, passport)
- A few of those choice recipes for cooking over a fire or stove/oven.
- Thumb-drive of all genealogical records and GEDCOM. Plus, a folded 16 generation sheet of our family and printed record of descendants.
- One document which is printed (PDF) of all quotes and talks that I cannot live without!
- Scriptures
- Hymnal
- Temple Recommend

- It is my hope that all of these things will fit into a Faraday backpack which is waterproof with our laptops (just in case those are still useable), waterproof and maybe even fireproof. Here is a website that should answer all of your questions about Faraday bags, what are they, how they work, and if you deem them important. They are expensive and one of the last items on my “wish list”. <https://privacypros.io/faraday-bags/>

The Provident Prepper has a blog and a YouTube channel. They have tons on temporal preparations on YouTube, but one of the few on storing and protecting documents is linked here: <https://theprovidentprepper.org/how-to-organize-critical-documents-for-emergency-evacuation/>

I know that all church records are kept within the church and that the Lord **will** protect all of those records. If we have to leave our homes, if there was a catastrophic occurrence, we would want to save our own precious documents. Having all of our vital papers in a waterproof safe location is vital. Copying and scanning is a GREAT way to gather those precious records, especially in case of calamity.

The spiritual blessings of doing this is boundless. Not only do you accomplish what is needed to be content, you are following the Prophets of the Lord and their counsel. There is a lot that can be said for the calmness before the storm in our society and within our hearts. Being prepared truly does bring great comfort.

In the article by John Murphy (BYU) The Farms Review 19/2 (2007) he wrote:

“Members of the Church of Jesus Christ of Latter-day Saints believe that righteous men and women can receive inspiration and revelation from a loving and omniscient Heavenly Father. Revelation is sacred, and although Latter-day Saints are counseled to maintain the sanctity of personal revelatory experience, they are also encouraged to preserve their sacred experiences in personal records. For the Latter-day Saint faithful, the written word—including their scriptures but also their journals, diaries, correspondence, and even the more mundane business ledger or e-mail message—is a mediating space where the sacred and the profane may meet. The blank page or tablet has always been a place of unlimited potential and literary opportunity. The blank page also represents a dialogical space where the faithful can talk to God. In other words, the blank page can be transformed into holy text for an individual, a family member, or the larger community of Saints. It is on paper and in prayer that the righteous converse with their Creator. It is on paper that the faithful document their travails and sorrows as well as their joys and successes. And it is on paper that the righteous convey or relate their experiences to future generations. Revelation in tandem with the written record provides historical and spiritual memory and hence the thread of continuity that preserves the past, thereby guaranteeing the longevity of a righteous community. The preservation of texts is therefore a sacred and holy task. In the ancient world, for example, record keepers who created and preserved texts were often priests who carried out their sacred work in temples

and holy sanctuaries. Temples have always represented that sacred ground where heaven meets earth, and it is no accident that both ancient and modern manuscript repositories and libraries have often been associated with churches and other sacred places.”

Last Saturday while reading the Book of Mormon, I came upon this scripture in Omni 1:17, “And at the time that Mosiah discovered them, they had become exceedingly numerous. Nevertheless, they had had many wars and serious contentions, and had fallen by the sword from time to time; and their language had become corrupted; and they had brought no records with them; and they denied the being of their Creator; and Mosiah, nor the people of Mosiah, could understand them.” This scripture caused me to reflect on the things that I was preparing for record keeping. A little over two months ago, on a windy Colorado day, there were horrific fires about one hour south of us in Superior and Louisville. The fires caused thousands to leave their homes within minutes of the outbreaks. All of the destruction literally occurred while many were out shopping (as we often do on a late Saturday morning), unable to return to their homes to retrieve items. I believe what the church leaders, Prophets (past and present) and our Savior wants us to understand is that we need to be prepared for all scenarios (mentally, physically and spiritually). Think about it. Even if you lose everything in a fire, flood, or tornado ---- you learned the process. You **know** how to do it! You understand what you need and what you can live without. Preparing these items for quick retrieval also teaches us where our treasures are. What is important to us? Rich blessings are occurring right now to those who listen.

**Brett -**

Keep a written record of significant revelations you have. Dreams, visions, revelation, and personal manifestations are personal scripture for us. Writing them down ( unless commanded NOT to ) makes them available to future generations. These revelations shape and change our lives, and by extension, the lives of our children. Also, I personally have found that when I write them down for future generations, that the Lord reveals more to me. Also, also, writing them down makes you consider them in different ways.

Comments from **Micah** - “When personal difficulty, doubt, or discouragement darken our path, or when world conditions beyond our control lead us to wonder about the future, the spiritually defining memories from our book of life are like luminous stones that help brighten the road ahead, assuring us that God knows us, loves us, and has sent His Son, Jesus Christ, to help us return home. And when someone sets their defining memories aside and is lost or confused, we turn them toward the Savior as we share our faith and memories with them, helping them rediscover those precious spiritual moments they once treasured... Embrace your sacred memories. Believe them. Write them down. Share them with your family. Trust that they come to you from your Heavenly Father and His Beloved Son.<sup>24</sup> Let them bring patience to your doubts and

understanding to your difficulties.<sup>25</sup> I promise you that as you willingly acknowledge and carefully treasure the spiritually defining events in your life, more and more will come to you.” (Elder Neil L. Andersen, Spiritually Defining Memories, April 2020)

There are two forms of record keeping that go all the way back to Adam- the first one is a record of genealogy. This is what we would normally classify as a journal. Adam kept one of these, the Nephite prophets kept one of these etc. My suggestion for this one is to get a large calendar and hang it on the wall. Before the day is over, write some memorable events in bullet points on the calendar. You can also add work schedules and appointments to this calendar. Then once a week sit down and do a write up of what took place that week using your calendar to help you remember. Writing in a journal daily is time consuming and exhausting but writing bullet points daily isn't very hard and scheduling an hour or two a week to write out in depth what happened during the week is reasonable. This is a great Sabbath day activity. When you are done writing it out, print it out and put it in a binder with your calendar monthly sheets every 4 weeks. Also save a copy on a hard drive.

The second form of records is one of spiritual/revelatory etc. experiences. Once again, Adam kept one of these, the Nephites did etc. Personally, the easiest way I have found to do this is to make everything a study paper. Don't just read, create. If there are spiritual events that are record on your monthly calendar take the time to write them out separately and just mention in your other journal that the event happened and that it was recorded in your spiritual journal. Keeping a spiritual journal, your “gold plates” and your “book of generations” i.e., journal, are things that we are asked to do- how you go about doing it is up to you, this is just an example of what has worked for me in my life.

**Question #3 – The capstone of being prepared is spiritual preparedness. Steps we need to take to “hear him”, understand personal revelation and how to make your “spiritual well-being” water tight against the environment. What warnings have our Prophets proclaimed?**

**Tamra** – January 23, 2022, President Nelson, his wife Wendy Nelson, plus Elder and Sister Bednar spoke at a devotional to our European brothers and sisters. When I listened to his words (there was only audio in the beginning) it stirred me. President Nelson was calling on the

European Saints to lead others in the gathering of Israel. It is a joyous talk, and I would like to share a few of those thoughts with you tonight.

President Nelson, “Pray and watch for opportunities to share the joy that you have in the gospel,” the prophet said. “You may be surprised how the Lord will answer your prayers. ... You are perfectly positioned to find the children of Israel who are *living in* or are *coming to* Europe.” This kind of action “will literally change the future of Europe,” President Nelson said. “I have complete faith in you, my dear brothers and sisters. You were born to do this. Europe has an unparalleled future — because of *you!*”

My comments – the makeup of America is changing, we are told that the Lamanites will blossom as a rose. Don’t you think he was speaking to us too? I do! The world will be in commotion and many may cross our paths, why not share a message and blanket with anyone in need of warmth physically and “fire” spiritually?

He went on to say, “I am not naïve about [current realities],” he said. “But, brothers and sisters, never forget that the Restoration of the gospel commenced so that all men and women might know that it is true! The Restoration took place so that all could have the privilege of understanding the magnificent breadth and depth of the Lord’s gospel in its fulness. The gathering of Israel — foretold throughout scripture — is occurring right now in every nation. That includes those of Europe!”

My comment is that his message is not about doom and gloom, rather excitement. His message is what we preparing for and what our focus should be! The coming of our Savior to the earth! The time to prepare is now! We must know who our Savior is, how to listen to Him, and how to receive personal revelations to guide us.

Elder Bednar (same evening) urged us “to remember the covenants they (we) have made with God. Doing so, he said, “is the source of spiritual direction and strength in every season.” Elder

Bednar said covenants with God should be the “focus of our lives.” “In a world of increasing confusion, disorder and commotion, covenants and ordinances are essential to help us to maintain a proper focus on the Savior and His doctrine — regardless of our challenges and circumstances,” Elder Bednar said. “And covenants and ordinances that are honored steadfastly, remembered always, and written ‘[with the Spirit of the living God ... in the fleshy tables of the heart](#)’ provide purpose, joy, and the assurance of blessings in mortality and for eternity.” These words and the testimony of the Holy Ghost, penetrated my heart.

Recognizing all of the covenants we made at our baptism and in the temple, the weekly sacrament, bring our hearts on course. But he is saying not weekly, but moment by moment so that they are honored and remembered always.

Sister Nelson provided us a key on discerning truth. She said, “How can we protect ourselves amid the war of words that rages all around us?” she asked. “I suggest we compare anything and everything we read, view or hear with the teachings of the prophets. If it isn’t in harmony, we should run away. ... Prophets testify of Christ. Their sole desire is to help us find and stay on the covenant path that leads back to Him and our Heavenly Father.” She is telling us to run from those things that are bad and run “to” those things that are good. She also stressed that the closer we are to the spirit will help us feel less stress and recognize false philosophies of man.

And finally, Sister Bednar stated “We are all a part of a larger work,” she said. “This is the work of the Lord. We are bound together as Saints through the ordinances and covenants available in the restored gospel of Jesus Christ.”

The messages of this night hit me hard with joy of Christ, love of the plan and preparations to welcome our beloved Savior to His earth. To run from evil and run to the messages of pure truth and light. To follow the Prophet, testify of Christ and remember the promises of our

baptisms and endowments. That all we do is for Him. That all we have is because of Him. That all we breathe into our hearts and lives --- is His word. The prowess of today's words camouflages truth. The worlds words and views will never lead us to Christ. The prophet Moroni taught that those who deny the revelations and gifts of God "knoweth not the gospel of Christ."

Joseph Smith said: "Shall we not go on in so great a cause? ... Courage, brethren, and on, on to the victory."

President Nelson in the April 2020 GC talk, "The Future of the Church: Preparing the World for the Savior's Second Coming" The Church of Jesus Christ of Latter-day Saints is preparing the world for the day when "the earth shall be full of the knowledge of the Lord" ([.Isaiah 11:9](#)). "A necessary prelude to that Second Coming is the long-awaited gathering of scattered Israel (see [1.1 Nephi 15:18](#); see also the title page of the Book of Mormon). This doctrine of the gathering is one of the important teachings of The Church of Jesus Christ of Latter-day Saints. The Lord has declared: "I give unto you a sign ... that I shall gather in, from their long dispersion, my people, O house of Israel, and shall establish again among them my Zion" (3.[3 Nephi 21:1](#)). "We not only teach this doctrine, but we participate in it. We do so as we help to gather the elect of the Lord on both sides of the veil. As part of the planned destiny of the earth and its inhabitants, our kindred dead are to be redeemed (see [.Doctrine and Covenants 128:15](#))." "Part of their preparation, however, requires the earthly efforts of others. We gather pedigree charts, create family group sheets, and do temple work vicariously to gather individuals unto the Lord and into their families (see [1.1 Corinthians 15:29](#); [1461 Peter 4:6](#))."

"The Lord will return to the land that He made holy by His mission there in mortality. In triumph, He will come again to Jerusalem. In royal robes of red to symbolize His blood, which oozed from every pore, He shall return to the Holy City (see [.-Doctrine and Covenants 133:46–48](#)). There and elsewhere, "the glory of the Lord shall be revealed, and all flesh shall see it together" ([.Isaiah 40:5](#); see also [.Doctrine and Covenants 101:23](#)). His "name shall be called Wonderful, Counsellor, The mighty God, The everlasting Father, The Prince of Peace" (96[Isaiah 9:6](#))."

"He will govern from two world capitals: one in old Jerusalem (see [Zechariah 14](#)) and the other in the New Jerusalem "built upon the American continent" ([1Articles of Faith 1:10](#)). From these centers He will direct the affairs of His Church and kingdom. Another temple will yet be built in Jerusalem. From that temple He shall reign forever as Lord of Lords. Water will issue from under the temple. Waters of the Dead Sea will be healed. (See [.-Ezekiel 47:1–8](#).) In that day He will bear new titles and be surrounded by special Saints. He will be known as "Lord of lords, and King of kings: and they that [will be] with him [will be those who] are called, and chosen, and

faithful” ([.Revelation 17:14](#)) to their trust here in mortality. Then He “shall reign for ever and ever” ([.Revelation 11:15](#)).

The earth will be returned to its paradisiacal state and be made new. There will be a new heaven and a new earth (see [.Revelation 21:1](#); [.Ether 13:9](#); [.-Doctrine and Covenants 29:23–24](#)). It is our charge—it is our privilege—to help prepare the world for that day.”

Bear my testimony to preparing all things – temporally, records, and spiritually.

*For the Lord himself shall descend from heaven with a shout, with the voice of the archangel, and with the trump of God: and the dead in Christ shall rise first:*

*Then we which are alive and remain shall be caught up together with them in the clouds, to meet the Lord in the air: and so shall we ever be with the Lord.*

*Wherefore comfort one another with these words. [14-[1 Thessalonians 4:16–18](#)]*

**Brett**

Do we understand the signs of the times?

Do we really KNOW the Lord? Have we sought him on our knees? Have you learned to tell his voice of the Spirit from the adversary, and from your own thoughts?

Are we striving? Does every moment in every decision we make reflect our loyalty to HIM?

**Micah-** The Light of Christ is given unto every man/woman who enters this life. The purpose of the LoC is to lead people to the Church of Jesus Christ of Latter-day Saints. When properly heeded and listened to it will lead people to understanding that truth. We then make covenants with God and based off of our honesty to those covenants God has promised us the Holy Ghost. We covenant to take upon us the name of Christ and to stand as a witness at all times and in all places. As we accept and live the laws of obedience and sacrifice the Holy Ghost expands our minds and purifies our very blood. When the Lord has thoroughly proved the individual it will finally be time for that individual to receive the Second Comforter and be welcomed into the Church of the Firstborn. Only members of the Church of the Firstborn will be in the New Jerusalem. The prophet Joseph Smith taught that there will be many who will perish due to weaknesses of the flesh who will not make it to New Jerusalem but who will yet be saved in the Kingdom of God, and yet only those who are members of the Church of Firstborn will be in the New Jerusalem. So simply put, you can die during the event leading up to the New Jerusalem and still be saved eventually in the Kingdom of God, but you won't be welcomed in to the New Jerusalem if you are not a member of the Church of the Firstborn. In the parable of the ten virgins we learn of 5 virgins who prepared and who were ready and who went into the marriage, while 5 were not prepared, were not ready and tried to gain entry and were denied.

President Nelson said in April 2019 “As President of His Church, I plead with you who have distanced yourselves from the Church and with you who have not yet really sought to know that the Savior's Church has been restored. Do the spiritual work to find out for yourselves, and please do it now. **Time is running out,**”

Brothers and Sisters, I know that President Nelson is a prophet of God, I know that only the prepared need not fear, I know we are saved by grace only after all we can do and I know that the words of the Lord will all be fulfilled. “And in that day shall the parable be fulfilled which I spake concerning the ten [bvirgins](#). For they that are wise and have received the [truth](#), and have taken the Holy Spirit for their [guide](#), and have not been deceived—verily I say unto you, they shall not be hewn down and cast into the [fire](#), but shall abide the day.” (D&C 45:56-57)

Brothers and Sisters, we have to be grounded in the pyramid of truth so we shall not be deceived and abide the day. In the name of Jesus Christ, Amen.

## Laundry Soap

- 3 (5oz) laundry bars (such as Fels-Naptha)
- 1 (76oz) box Borax
- 1 (55oz) box washing soda
- 2 cups baking soda
- 2 (55oz) boxes OxiClean versatile stain remover (or cheaper brand)
- 1-2 (15.5oz) bottles Pure Crystalsin-wash fragrance booster (optional – I don't use this)

The first step will be to make soap pellets with your soap bar. These need to be tiny enough to dissolve while in your washing machine. You can do this by either using a blender, a food processor or even a cheese grater.

If using a blender or food processor, begin by chopping the soap bar into chunks. They should be about two inches by two inches. Add in one cup of OxiClean to stop the bar from sticking together. Blend until it resembles small pellets.

Next, you'll need to mix everything up. The easiest way is by throwing everything into doubled white (tall) trash bags. Pour the laundry soap pellets you made, along with all other ingredients into the bag. Tie up the bag and place it into a second trash bag so you don't end up with a mess. Push, turn and roll the bag around well to mix everything up.

Store in plastic tub or a very large glass container. I do not recommend metal of any kind. Must have a good lid that seals and protects from fluid. The originator of this recipe recommends adding in a few gel silica packets if you live in a particularly humid area. Depending on how often you do laundry, this soap could last you up to a year.

You'll only need to use about 1-2 tablespoons of this detergent per wash, depending on how dirty the load is. You can keep the tablespoon in the detergent if it is plastic. Do not use metal.

Guidelines:

- For a regular wash, use 2 tbsp of detergent
- Small wash, use 1 1/2 tbsp
- Extra-large or heavily soiled wash, use 2 1/2 tbsp

This is the video I watched to learn how to do it and where I found the recipe.

<https://thewhoot.com/whoot-news/diy/homemade-laundry-soap-recipe>

## Pure Castile Soap

If you have a scale this is best. Weighing in grams is very accurate and eventually you will fall in love with your scale. I use the scale for making bread, soap, and most baking.

\*\*Feel free to double the recipe if you want to make a large amount. It does take longer to trace.

Ingredients:

- 600 grams olive oil (I use extra virgin olive oil – large bottle from Costco)
- 228 grams water
- 77.2 grams lye Sodium Hydroxide
- 18 grams lavender essential oil is optional, for fragrance.

Instructions:

I usually make this outside. It must be well ventilated.

It is suggested that you wear protective goggles. I always wear gloves. Keep vinegar near by to pour onto your skin, just in case you get some of the soap on your skin. This stops the burn of the lye. Just pour a little on the skin immediately.

Do not have children around while doing this unless you can clearly keep them far from danger.

Prepare everything ahead of time. Have your molds ready, I use cardboard boxes which are the perfect size or plastic bins. DO NOT USE ALUMINUM.

Weigh out your water and lye into separate bowls. Keep them separate until ready to make the soap! **You will always pour the lye INTO the water.** You will never pour the water into the lye. PLEASE make certain you follow this rule.

Now let's make the soap! Carefully pour the lye into the water and stir until the lye is dissolved. I use a long handled wooden spoon just for soap. The mixture will become cloudy and get VERY hot. Allow it to rest for several minutes, it will begin to clear up and cool down.

Meanwhile, weigh the olive oil in a large bowl. Carefully pour the lye solution into the bowl with the olive oil. Mix gently at first to incorporate the lye mixture into the oil. Once combined, you can begin to blend the mixture with an immersion blender. This process will take several minutes.

As you blend the soap mixture, you will notice that it begins to get thicker and more opaque. It will eventually thicken up into a consistency like a salad dressing. This point is called "trace." When you drop bits of the soap on top of the mixture, and it stays on the "top", your soap is tracing. If you've made soap before, you'll notice that it takes a bit longer for this soap to reach trace than soaps with some other oils. It also is a bit thinner than many other soaps when it reaches trace. You can pour it into molds a trace, but it will take a bit longer to thicken up.

Once you have reached trace, you can add in your essential oils. My favorite is lavender essential oil or tea tree. Lavender is very good for children and this soap is excellent for children. When I make up large batches I keep it unscented. Tea tree is good for skin problems (like eczema) and also great for shampoo bars.

Pour the soap mixture into your mold(s). You can use silicone pans or molds, lined wood or cardboard boxes, or even plastic Tupperware type containers as molds if you don't have a mold specifically made for soap. Look for something that is about 8 X 10 inches for a good thickness for your final product. I wrap it in two large bath towels and put it in an area that the soap will not be disturbed. ONLY look once a day, no more peeking as it slows the process.

Set the soap aside and allow it to rest *for several days*. Pure Castile soap will take longer to harden than most other soaps. It took mine three days to firm up, but still be soft enough to cut. If you wait too long it will be impossible to cut, so start checking the 2nd day.

Cutting time! I put the soap onto a plastic cutting board (do this outside because it makes lots of crumbs) and cut into bars. Then I put the bars onto wax paper back into the boxes (I usually use cardboard boxes for my molds). If the soap seems too soft. When the soap is cut up and they are spaced for "drying", I put a towel on top of the box (to keep out dust) and put it away for at least six months. Some people wait one year for it to cure. **DO NOT USE THIS SOAP BEFORE SIX MONTHS**. It will burn skin if it hasn't cured properly.

#### Notes

- You can use a plastic spatula to fix imperfections which occurred while you were cutting it.
- Make sure you "space" the soaps from each other so that they can dry and not stick together.
- With time, it will become VERY hard and lighter in color. I was actually quite surprised as to how white this soap turned out considering that I had made it with a pretty dark colored extra virgin olive oil.
- Wrap in waxed papers, use heavy paper, put a bow on it or just string!